

SPOTSYLVANIA PARKS AND RECREATION DEPARTMENT  
Spring 2020 YOUTH SOCCER BY-LAWS

**I. Organization**

The Spotsylvania Parks and Recreation Department shall be the sponsoring agent of 16 leagues within the Youth Soccer Program. The Parks and Recreation Director or his designated representative shall be the Executor of the program.

**II. Leagues**

	<u>Ages</u>	<u>Ball Size</u>	<u>Quarter Length</u>		
*Tot	4	3	N/A		
*Developmental	5	3	N/A		
*Pee Wee	6	3	10		
*Rookie	7	3	10		
*Mustang (girls)	6-7	3	10		
Bantam	8	4	10		
Minor		9	4	10	
<b>Bronco (girls)</b>		<b>8-9</b>	<b>4</b>	<b>10</b>	
Major		10	5	10	
Junior	11	5	10		
<b>Colt (girls)</b>	<b>10-11</b>	<b>5</b>	<b>10</b>		
Senior	12	5	Two (2) - 25 minute halves		
Pony (girls)	12-13	5	Two (2) - 25 minute halves		
Prep	13-14	5	Two (2) - 25 minute halves		
Intermediate (girls)	14-18	5	Two (2) - 25 minute halves		
Varsity	15-18	5	Two (2) - 35 minute halves		

The date for determination of age limitations per league is July 31st of the current year.

\* Leagues will not participate in the single elimination playoff at the end of the regular season.

**III. Purpose**

- 1. To develop character, skill, good sportsmanship, teamwork, and fair play.**
- 2. To teach and/or stress the fundamentals of the game of soccer.**
- 3. To provide the opportunity for fun and enjoyment in a healthful activity .**

**IV. Coach's Duties**

1. To abide by all rules, regulations, and by-laws as set forth by the League and those not covered by the League that are governed by The National Federation of State High School Associations for Soccer Leagues. (<http://www.nfhs.org>)
2. To insure that each and every team member that participates in the program is in accordance with the stated by-laws.
3. To maintain proper conduct among team members, assistants, and their followers.
4. Each team is allowed four coaches (one (1) head and three (3) assistants). Assistant coaches must be approved by the Parks and Recreation Department. It is the head coach's responsibility to make sure anyone working with the children has been approved by Parks and Recreation Department (Background Check).
5. To see that the players meet the age requirements.

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6. To provide the Parks and Recreation Department with an up-to-date roster and to insure that the roster does not exceed or fall below the levels set forth by the Parks and Recreation Department.
7. To safeguard and maintain all equipment issued by the Parks and Recreation Department and to be directly responsible for the return and/or disposition of that equipment.
8. To notify all team participants of:
  - a. rules, regulations and by-laws set forth by the League.
  - b. scheduled games, play-offs, and practices. The Parks and Recreation Department will notify coaches of their first play-off game. It is then the coach's responsibility to keep up with the schedule for their team.
  - c. cancellations and/or make-ups as indicated by the Parks and Recreation Department.
9. A boundary box will extend 20 yards on either side of the half-way line in which all players and coaches must stay. In the event the boundary box has not been marked off, coaches and players must remain between 18 yard lines and three (3) feet back from the sidelines. If on the same side of the field, the coaches must divide the field at the midfield line and stay on their half of the field.
10. Coaches are responsible to keep spectators at least 10' from the touch line (side line Spectators must remain on the opposite side of the coaches and players. NO exceptions.
11. Coaches are responsible for assuring that his/her players have proper equipment. In addition to this rule, the head referee's pre-game procedure will include a request for coaches to verify the legality of apparel and equipment.
12. At end of each game, coaches do not have to sign or verify game cards. Scores will be emailed to head coaches by department staff the next business day. If the score is not correct it is the head coach's responsibility to verify the correct score.
13. Head coaches are the only coaches to **question** an official about a call. Assistant coaches are not allowed to confront an official concerning a call. Coaches should not leave the team area and enter the stands at any time.

#### 14. CHILD ABUSE Mandated Reporter Law

The following persons who, in their professional or official capacity, have reason to suspect that a child is an abused or neglected child, shall report the matter immediately to the local Social Services Department of the county or city wherein the child resides or wherein the abuse or neglect is believed to have occurred or to the Social Services Department's toll-free child abuse and neglect hotline:

- o Any athletic coach, director or other person 18 years of age or older employed by or volunteering with a private sports organization or team;
- o Administrators or employees 18 years of age or older of public or private day camps, youth centers and youth recreation programs;

Mandated reporters are required to report as soon as possible, but no later than 24 hours after having a suspicion of a reportable offense. The Social Services Department's toll-free child abuse and neglect hotline is **1-800-552-7096** . Training and other mandated reporter resources are available at <http://www.dss.virginia.gov/family/cps/index2.cgi>

## V. Inclement Weather and Make Up Games

1. Cancellations due to inclement weather will be announced on the cancellation line and through the Spotsy Alert Information Notification System. Cancellations will be placed on the cancellation line as soon as a decision is made. Listen to the announcement carefully. The cancellation line phone number is 898-8546. If weather conditions are questionable and you do not hear a cancellation announcement then you should report for your game.
2. Notification of makeup games should be received within five calendar days. If you have not received notification within five calendar days, it is the Head Coach's responsibility to contact our office. A team not attending a rescheduled game will constitute a forfeit.
3. The Parks and Recreation Department reserves the right to arrange postponed games at its convenience in order to catch up with the schedule. The Parks and Recreation Department also reserves the right to cancel games, if necessary, due to conditions beyond our control. In the event of misunderstandings or error, coaches are urged to contact the Parks and Recreation Department at 507-PLAY (7529).
4. The Spotsylvania Parks and Recreation Department reserves the right to cancel games when weather conditions present possible health problems, such as heat. The department will use caution when making these decisions.
5. Coaches, players, and parents should use extreme precautions in inclement weather especially during lightning or thunderstorms. Coaches should have players and parents wait in their vehicle until the official arrives if it is storming before game time.

### Lightning Procedures:

Coaches and game officials please use the following criteria for suspension and resumption of play when thunder or lightning is present.

- a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
- b. Thirty-minute rule. Once play has been suspended wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
- d. All team members should seek shelter in a vehicle away from dugouts and fields. Game officials will notify coaches when play will resume or if game will be suspended.

## VI. Conduct of Coaches and Participants

1. The Spotsylvania Parks and Recreation Department will not tolerate unsportsmanlike conduct from the coaches or players toward officials, players or opponents. Coaches and Players will be subject to disciplinary action if unsportsmanlike conduct is displayed.
2. Any player or coach ejected from the game by an official shall automatically be suspended from the next game to be played by their team. The Spotsylvania Parks and Recreation Department

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reserves the right to suspend players and coaches for additional games or the remainder of games if it is felt necessary. If a player or coach deviates from this ruling, it will constitute an immediate suspension from the remainder of the league games.

- 3. If a coach (head or assistant) is ejected from the game , by an official , that coach will be required to take and pass the Sportsmanship Class provided by The National Federation of State High School Sports. ( <https://nfhslearn.com/courses/61130/sportsmanship> ) The coach that was ejected will have to submit the certificate of completion and date completed to the Recreation Programmers before they can continue to coach. This is in addition to any suspension the coach has to serve.**
4. If a player or coach is ejected in the final contest of the season (including playoffs), the penalty shall carry over to the next sports season. (Ex. If ejected in the last soccer game of the season the ejected person will serve their suspension or suspensions the next soccer season.
5. Any player or coach guilty of unsportsmanlike conduct in any manner on the field or adjacent to the field toward officials or partisans will be subject to suspension by the officials, Parks and Recreation Department and/or Commission for the remainder of league games.
6. Any player or coach guilty of striking an official in any manner during or after a game shall automatically be suspended from participating in all leagues sponsored by the Parks and Recreation Department in Spotsylvania County until further notice.
7. If a coach or team follower is ejected from the ball game, they must leave the playing field and go to the parking lot and is prohibited from any further contact (direct or indirect) with the team, umpires, and park staff for the remainder of the game and after the game. Failure to comply may result in termination of the game. A substitute coach shall be named as a replacement for the ejected coach or the game will be forfeited. (A substitute coach is defined as an adult named by the ejected coach.)
8. The Spotsylvania Parks and Recreation Department will not tolerate unsportsmanlike conduct from the officials toward coaches, players, or spectators. Officials will be subject to disciplinary action by the Official's Association and the Spotsylvania Parks and Recreation Department if unsportsmanlike conduct is displayed.
9. Coaches, players, substitutes, team assistants, parents, or followers shall not coach or address any players from the opponent's side of the field.
10. If an ineligible player is used, the game in question will be declared a forfeit. If an illegal player is used, then the coach who makes the line-up, along with the illegal player, will be suspended indefinitely.
11. Players or coaches in all leagues who receive four (4) yellow cards during the course of the season and/or playoffs for unsportsmanlike conduct will be suspended for the next game to be played by his/her team. If a player or coach is ejected, the yellow card count will start over for future suspensions.
12. Any delayed, excessive, or prolonged act(s) of celebration by which a player/coach attempts to focus attention upon themselves and/or prohibits a timely restart of the game. This offense could result in a yellow or red card.
13. Coaches that are beckoned onto the field for an injured player should attend to that injured player and not coach or berate officials and/or opponents while on the field. This is considered unsportsmanlike conduct and may be a carded offense.

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14. A coach, player, or team follower shall be cautioned (yellow card) for:
  - a. Disrespectfully objecting by word of mouth or action to any decision given by an official (dissent) attempt to influence the official's decision.
  - b. Any incidental use of vulgar or profane language incite undesirable crowd reactions.
  - c. Enter the playing area unless by permission of an official to attend an injured player.
  - d. Persistent in infringement of any of the rules of the game
15. Unsporting conduct, including, but not limited to:
  - a. Coaching outside the team area
  - b. Unnecessary delay (kicking, throwing the ball away on a free kick, etc.)
  - c. holding a shirt, shorts, etc.
  - d. deliberate verbal tactics, disrespectfully address or bait an opponent
  - e. encroachment
  - f. deliberate handball to stop an attack
  - g. Faking an injury

## VII. Protests

1. Protests will not be received or considered if they are based solely on a decision involving the accuracy of judgment on the part of a referee.
2. Protests that shall be received and considered concern matters of the following types:
  - a. Misinterpretation of a playing rule.
  - b. Failure of a referee to apply the correct rule to a given situation.
  - c. Failure of a referee to impose the correct penalty for a given violation.
3. Protests may involve a matter of judgment in the interpretation of a rule.
4. The notification of intent to protest must be made by the Head Coach or acting Head Coach immediately before the next legal play to the referee and opposing coach and noted on the scorecard. If the protest involves the last play of the game, both teams must be notified before leaving the playing field. (Exception: Player eligibility; Example: playing time, ineligible player, illegal player.)
5. The official written protest must be filed within the working hours of the next day at Spotsylvania Parks and Recreation Department, which is normally 8:00 a.m. to 4:30 p.m., Monday through Friday after the scheduled contest.
6. The written protest should contain the following information:
  - a. The date, time, and place of the game.
  - b. The names of the officials.
  - c. The rule and section of the official rules or local rules under which the protest is made.
  - d. The information, details, and conditions pertinent to the decision to protest.
  - e. All essential facts involved in the matter protested.
  - f. The written protest must be presented with a \$50.00 protest fee.
7. The decision rendered on a protested game must result in one of the following:
  - a. The protest is determined to be invalid, and the game score stands as played.
  - b. When a protest is determined to be valid because of the misinterpretation of a playing rule, the decision will be corrected, and the game shall be replayed from the point at which the incorrect decision was made.
  - c. When a protest for ineligibility is determined to be valid, the offending team shall forfeit the game being played, or the game last played, to the offended team.
8. A decision on the protest will be rendered within seven (7) working days.

### VIII. Communicable Disease Procedure:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following:

- a. The bleeding must be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- b. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
- c. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- d. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- e. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
- f. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- g. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athlete care until the condition resolves.
- h. Contaminated towels should be properly disposed of/disinfected.
- i. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

### IX. General Rules

1. Coaches may schedule practice on Sunday; however, no player may be penalized for not attending a Sunday practice. A maximum of three (3) practices and/or games may be scheduled per calendar week. A team that has three (3) games per week will be allowed one additional team meeting. Sunday practices will be counted in the number of meetings per week. A calendar week is Sunday through Saturday. Any coach that deviates from this rule will be subject to suspension. Picture taking is not considered a function.
2. **It is recommended that practices last no longer than 1 ½ hours.**
3. Physical examinations for youths participating in the league are highly suggested prior to the beginning of practice and the regular season, but are not required by the department.
4. **The Spotsylvania Parks and Recreation will not change the schedule due to players involvement in:**
  - a. **school activities (including band trips, etc.),**
  - b. **scout activities,**
  - c. **church activities,**
  - d. **or any other activity.**

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5. The use of any tobacco products is prohibited by coaches or players while in the vicinity of the field.
6. The county high schools operate their programs according to the Virginia High School League Rules. The rules state that during the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports become a member of or participate with an organized team in the same sport which is independent of the school's control so long as such participation does not conflict with the scheduled activities of the school squad or team. No school or student shall be declared ineligible for participation in interscholastic sports because of participation by a student as a member of an organized team in the same sport which is independent of the school's control during the sports season for the relevant sport.
7. No uniform will be replaced unless the damaged item is returned.
8. No uniform will be issued to an individual until all items are returned from previous sports.

## X. Player Equipment

1. Casts, splints, or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass must be covered on all exterior surfaces with no less than 1/2-inch-thick, high-density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar physical properties to protect an injury. A medical release for the injured player signed by a licensed medical physician must be available at the game site for the player to participate. **NO EXCEPTIONS. The referee will have final say on participation.**
2. Shin guards are mandatory in games and practices and they must be worn under the stockings/socks. Players may not alter shin guards, may not wear them where protection is not provided to the shin or wear shin guards that are not the appropriate size.
3. Players who wear eyeglasses shall wear a safety strap to keep them in place.
4. Players who wear external hearing aids should have them fastened securely, with tape if necessary, so that they cannot be jarred loose.
5. The use of face/body paint is not allowed.
6. No jewelry or earrings shall be worn (including starter earrings). **NO EXCEPTIONS.** Medic Alert or religious jewelry must be taped to the body. Properly equipped players: Coaches are responsible for assuring that his/her players have proper equipment. Players and coaches should not wait for the official to declare items illegal. However, if there is doubt as to the legality of apparel and equipment, the question should be brought to the head referee's attention for a ruling. In addition to this rule, the head referee's pre-game procedure will include a request for coaches to verify the legality of apparel and equipment.
7. Long hair should be secured with rubber bands and/or soft fabric head bands. Plastic head bands and barrettes are illegal to wear during the soccer game.
8. Multi-purpose shoes are recommended but not the multi-purpose baseball and football shoes which have rectangular cleats including a toe cleat.  
Shoes shall meet the following standards:

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- a. Be consistent of a material which does not chip or develop a cutting edge.
- b. All cleats, studs, or bars shall not be less than one-half inch (1.27 cm) in diameter or width, and they shall not project from the sole or heel of the shoe more than three-fourths of an inch (1.9 cm). Aluminum, leather, rubber, nylon, or plastic cleats with steel tips are legal if they conform to the width and length specifications. Exception: A molded sole with multiple cleats, studs, or bars less than one-half inch (1.27 cm) in diameter or width that do not extend more than one-half of an inch (1.27 cm) from the sole and are not of an extreme conical design is permissible.
- c. All participants in game must wear shoes. Shoes with soles containing metal (aluminum, magnesium, titanium, etc.), leather, rubber, nylon, or plastic cleats, studs, or bars, whether molded as part of the sole or detachable, are allowed as long as the referee does not consider them dangerous.
- d. Shoes shall not be altered in any way that makes them unsafe.

9. **Players cannot play unless they are wearing their game jersey in its original form (shirts/sleeves shall not be cut or frayed in any manner) issued by the Spotsylvania Parks and Recreation Department. Teams may print their team name, player name or initials on their jerseys. No obscene names / nicknames are permitted.**

10. Teams participating in the Spotsylvania Parks and Recreation Department soccer league are recommended to wear the same color shorts and socks for all players. Multicolored shorts are not permitted. Both socks shall be the same color with a single dominant color, but not necessarily the color of the jersey.

11. A player's shirt must be worn inside his or her shorts prior to and during the entire game.

12. Any player not conforming to this uniform policy shall be directed to leave the game and a substitute player shall take his or her place. This player shall not return until the next opportunity to substitute.

13. Any player who is in constant violation of this uniform policy may be issued a yellow card.

#### XI. Starting and Ending a Game, Game Time:

1. Pre-Game Responsibilities: The Head referee shall conduct a pre-game conference with:
  - a. the head coach (assistant head coach if head coach is not in attendance) and team captain to: Review pertinent rules
  - b. Conduct a coin toss at least five minutes before scheduled starting time of the game. The visiting team captains shall call the coin while it is in the air. The winner of the toss shall choose a goal to defend or to kick off first. The loser of the toss shall be given the remaining choice.
  - c. Inquire of each head coach whether each of his/her players is properly equipped. Any questions regarding legality of a player's equipment shall be determined by the head referee. If a player is found not to be legally equipped they will be asked to leave the playing field until players are properly equipped.
  - d. Address Coaches concerning good sportsmanship.

2. A team may begin a game with nine (9) players for an 11-player league, otherwise two (2) players less than a full team. Once the game has started and a team has fewer than seven (7) eligible players, the game shall be forfeited. If a player receives a red card during the game, the player may be substituted for. Teams must substitute for an injured or sick player if substitutes are available.

3. Games will begin as scheduled, but a five (5) minute grace period will be allowed for all games beginning at their specified times.

4. An official can correct a decision between the call just made and the next restart. After the restart, the decision of fact is final.

5. Games will be four (4) equal quarters except the Senior, Prep, Varsity, Pony and Intermediate

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divisions which will be two equal halves. Intermission will consist of two (2) minutes at the end of the 1st and 3<sup>rd</sup> quarters and five (5) minutes for half-time.

6. Teams will change goals at half time only. Play will be restarted at the beginning of each quarter with a kick-off. Team A kicks off the first and fourth quarter and Team B kicks off the second and third quarter.
7. The game will be clocked with running time. The clock shall stop only at the official's discretion in case of game delay (injury, caution, disqualification, or delaying tactics by team that is ahead in scoring.)
8. After the completion of a game, both teams shall form two lines to congratulate each other and show good sportsmanship.
9. If at any time during the game a team is leading by six or more goals the following criteria must be used to complete the match:
  - If a team is leading by six goals, the team ahead must play with ten players.
  - If a team is leading by seven goals, then the team ahead must play with nine players.
  - If a team is leading by eight goals, then the team ahead must play with eight players.
  - If a team is leading by nine or more goals, the team ahead must play with seven players.
  - If at any time the trailing team scores a goal, the leading team may reenter a player for the goal scored according to criteria listed. The trailing team will always play with eleven players. Playing requirements will remain in effect for all players.
10. All regular season games that end in a tie will remain a tie. League standings will be computed with two (2) points for each win, zero (0) points for each loss, and one (1) point for each tie. Standings in each league will be determined by: a) League record, b) Head-to-Head competition between tied teams, c) Pre-season drawing. When more than three (3) teams are tied for a position, the position will be determined by the pre-season draw.
11. Ties for Tournament Play: If the score is tied at the end of regulation play, two (2) 5-minute overtime periods will be played. At the end of the first 5-minute period, play will stop, the teams will change ends of the field, and play will be resumed by a kick-off. There will be a two (2) minute interval between periods.
  - a. If the score is still tied at the end of the second 5-minute period, there will be a penalty kick shoot-out. Each coach will select five (5) players from on or off the field. The referee will select which goal will be used. The referee will toss a coin. The winner of the toss will select whether to kick or defend first. Each coach will select any five (5) players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the kicks. Teams will alternate kickers. There is no follow-up on the kick. Following five (5) kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
  - b. If the score is still tied, each coach will select five (5) different players other than the first five (5) who already have kicked. The penalty kick procedure will be repeated except that it will be sudden death, i.e., if Team A scores, Team B will have a chance to shoot. If Team B scores, the procedure continues. If Team B does not score, the game is over and Team A wins.

- c. If each of the second group of five (5) players from each team has had a turn and the score is still tied, the sudden death penalty kick procedure shall continue with each coach selecting five (5) players from on or off the field, and from among or outside the first 10 kickers. If each of the third group of five (5) players are used and the score remains tied, each coach shall select five additional players (but none from among the third group of five [5]).
  - d. If each of the fourth group of five (5) players are used and the score remains tied, continue as described in this paragraph until a winner is determined. In a tournament, a goalkeeper change may be made prior to each penalty kick.
12. In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one (1) complete half or more has been played. If less than one (1) half of the game has been played, the game may be rescheduled. This rule does not apply to play-offs. Play-offs will pick up at the point the game was suspended.

## XI. Player Participation and Substitution Guidelines:

### Player participation:

- Each player in attendance at all games for all leagues except Senior, Prep, Varsity, Pony, and Intermediate must play for at least one (1) quarter per half and play for half the overtime period.
  - Exception: Players in the Senior, Prep, Pony, and Intermediate leagues must play 12 1/2 minutes per half and play for half the overtime period.
  - Players in the Varsity league must play 17 1/2 minutes per half and play for half the overtime period.
    - A player who misses two (2) or more consecutive games and/or practices is required to play only one half the minimum time stated. The coach should notify full-time personnel at the Spotsylvania Parks and Recreation Department during office hours only, and the officials, opposing coach, and official scorekeeper if a player is not playing the minimum required playing time.
    - If notification is not given according to these regulations, then the player must play his/her required time. Friday practices cannot be held against a player when the team plays a game on the following day.
    - A player who is injured/sick and cannot play or meet the playing time requirements must be called to the official's attention at that precise time. The officials and coach will in turn make a notation of the injury on the back of the scorecard.
    - A forfeit may be declared if the minimum playing time requirements are not adhered to.
1. If an ineligible player is used, the game in question will be declared a forfeit. If an illegal player is used, then the coach who makes the line-up, along with the illegal player, will be suspended indefinitely.
  2. If a player is traded to another team, then parents of both parties and both coaches must be in agreement on the player(s) being traded. All trades must be prior to the first game of the season. All trades must be reported to and approved by the Parks and Recreation Department.
  3. A team must substitute for a player who is bleeding.
  4. Either team may substitute an unlimited number of players from the bench:
    - a. between periods
    - b. when a goal has been scored
    - c. on a goal kick
    - d. when an injured player(s) is attended to on the field (injured player(s) must be replaced)
    - e. when a player is cautioned

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- f. when a player is disqualified. The disqualified player(s) may be replaced
- g. when a player is required to leave the field because of communicable disease concerns.
- h. goalkeepers may now be changed at any substitution time

Exception: During a penalty kick situation:

- 1) The only substitution permitted is for a player that has been injured or cautioned;
- 2) a substitute entering at this time shall not take the penalty kick.

- 5. The team in possession of the ball may substitute an unlimited number of players:
  - a. on a throw-in
  - b. on a corner kick
- 6. The team not in possession of the ball may substitute an unlimited number of players at a throw-in or corner kick if the team in possession of the ball is substituting.
- 7. A cautioned player shall be substituted for immediately and not return until the next legal substitution opportunity.
- 8. One of the players on the field may change places with the goalkeeper whenever the clock is stopped or a substitution takes place. Any time the goalkeeper is changed, an official shall be notified.

## XII. The Goal and Goalkeeper:

- 1. A goalkeeper must wear a shirt that shall be distinctly different from that of any official, teammate or opponent, except the other goalkeeper. **This shirt must be worn over jersey issued by the Spotsylvania Parks and Recreation Department**
- 2. Restrictions on the goalkeeper: From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, the goal-keeper has six seconds in which to release the ball into play. During that interval, the goalkeeper may hold the ball, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside the penalty area. Penalty indirect free kick from the point of the infraction.
- 3. A ball may now be dropped in the penalty area but not in the goal area.
- 4. Goalkeepers may no longer touch the ball with their hands if it has been deliberately kicked to them by a teammate.
- 5. A free kick awarded to the defending team within its goal area may now be taken from any point within the goal area.
- 6. On a goal kick, the ball may now be kicked from anywhere in the goal area.
- 7. A goalkeeper may no longer touch the ball after receiving it directly from a throw-in by a teammate.
- 8. Lateral movement is allowed by the goalkeeper on a penalty kick.
- 9. A goalkeeper shall release the ball into play within six (6) seconds after taking possession/control.
- 10. A goal may now be scored from kickoff or goal kick.

## XII. Soccer Terms:

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1. Offside:
  - a. A player is offside when nearer to their opponent's goal line than the ball, unless:
  - b. The player is in his/her own half of the field of play, or the player is not nearer to the opponent's goal line than at least two opponents.
  - c. A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, a corner kick, or a throw-in.
  - d. It is not an offense in itself to be in an offside position.
  - e. A player is offside and is penalized if, at the time the ball touches or is played by a teammate, the player is involved in active play and interferes with play or with an opponent or seeks to gain an advantage by being in that position. A player in an offside position receiving the ball from an opponent, who deliberately plays the (except from deliberate save), is not considered to have gain an advantage.
2. An intentional foul:
  - a. Is when an opponent has obvious opportunity to score. An intentional foul by a player against an opponent who is on a "breakaway" and has an obvious opportunity to score should be interpreted as serious foul play. The offender should be disqualified and, unless the advantage clause is involved, a penalty kick or direct free kick should be awarded depending on the spot of the foul.
3. Charging:
  - a. A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using disproportionate force. An allowable fair charge is where players make shoulder to shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body.
  - b. A player shall not, in any manner, charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.
4. Penalty Kicks:
  - a. All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 10 yards from and behind the penalty kick line until the ball is kicked.
5. Throw In:
  - a. A player who is facing the field of play and has both feet on the ground on or behind the touchline shall throw the ball in any direction from the point where it crossed the touchline.
  - b. The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement.
  - c. A throw in must enter the field of play or the ball is awarded to the opponent.

## Spotsylvania Parks and Recreation Department Youth Sports Concussion Policy

Spotsylvania Parks and Recreation Department has created the following policy that will be in effect as of **August 2015** and beyond for all youth sports leagues.

### **Objective:**

To establish a policy that will provide ALL youth sport coaches and parents associated with the Spotsylvania Parks and Recreation Department with guidelines relating to how to recognize signs of a concussion, procedures for dealing with athletes and parents when a concussion is suspected, as well as mandatory rules concerning the return to action for the participant.

### **Criteria:**

A concussion can be caused by a blow to the head, jolt to the body, or any sudden force that results in a rapid acceleration/deceleration of the brain inside the skull. This impact of the brain against the rigid inside walls of the skull can cause a change in neurological function and a host of other symptoms depending on which part of the brain was injured. Youth athletes are particularly vulnerable to the effects of a concussion. Even what appears to be a "minor ding or bell ringer" has the real risk of catastrophic results when an athlete is returned to action too soon. Second impact syndrome, which in some cases can be fatal, is a direct result of returning to game action before all symptoms have cleared. While most players heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain which can have life threatening consequences. Therefore, continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

The well-being of the athlete/participant is our greatest concern during any practice or game. Officials, coaches, and parents are being asked to make all efforts to ensure that concussed athletes do not continue to participate. Thus, coaches, parents, and officials should be looking for signs of concussion in all athletes and shall immediately remove any suspected concussed participant from play.

**When in doubt, sit them out!** It's far better to miss one or two games as a precautionary matter than to risk possible brain injury. No game is worth that.

### **What to look for:**

Concussions can appear in many different ways. We know that a person does not have to lose consciousness to suffer a concussion. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion, such as those mentioned below shall be immediately removed from the game or practice and shall not return to play until cleared by an appropriate health-care professional.

#### **1. PROBLEMS IN BRAIN FUNCTION:**

- a. Confused state – dazed look, vacant stare or confusion about what happened or is happening.
- b. Memory Problems – can't remember assignment on play, opponent, score of game, or period of game; can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by participant – headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
- d. Lack of sustained attention – difficulty sustaining focus adequately to complete a task, a coherent thought, or a conversation.

**2. SPEED OF BRAIN FUNCTION:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.

**3. UNUSUAL BEHAVIORS:** Behaving in a combative, aggressive, or very silly manner; non-typical behavior for the individual; repeatedly asking the same question over and over; restless and irritable behavior with constant motion and attempts to return to play; reactions that seems out of proportion and inappropriate; and having trouble resting or "finding a comfortable position."

4. **PROBLEMS WITH BALANCE AND COORDINATION:** Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

**Seek medical help immediately if...**

Most concussions do not result in emergency care. However, if symptoms worsen, or you notice behavioral changes or any of the following, seek care immediately:

➤ Headaches that worsen; seizures, neck pain; very drowsy, can't be awakened; repeated vomiting; increasing confusion or irritability; weakness, numbness in arms and legs; inability to recognize people/places, less responsive than usual.

If you observe any of the above signs, call your doctor or go to the emergency room immediately.

**Role of Coaching Staff:**

Coaches/Coaching Staff will NOT be expected to "diagnose" a concussion. That is the job of an appropriate health-care professional. Coaches/Coaching Staffs will be asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. If a member of a youth team coaching staff observes questionable signs, symptoms, or behavior, he/she must remove the participant from the game for further evaluation and notify the parent/guardian.

**The responsibility of further evaluating and managing the symptomatic participant falls upon the head coach, parent/guardian or appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHALL NOT be allowed by the coach or parent/guardian to return to play.**

**Role of Game Officials:**

Neither officials, nor coaches, will be expected to "diagnose" a concussion, as that is the job of an appropriate health-care professional. Officials are being asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. Officials will not be asked to make what could be perceived to be a medical opinion. If an official observes questionable signs, symptoms, or behavior, the official must notify the coach and remove the participant from the game for further evaluation.

The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play. The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, and/or an appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete **SHALL NOT** be allowed by the coach or parent to return to play. The official does not need written permission for an athlete to return to play after evaluation, nor does the official need to verify the credentials of the appropriate health-care professional. Ensuring compliance is the responsibility of the head coach and NOT the game official.

**Spotsylvania Parks and Recreation Department Required Course of Action when an athlete is suspected of sustaining a concussion:**

1. Remove athlete from any activity (game or practice).
2. Notify parent or guardian.
3. Any participant suspected of having a concussion should be evaluated by an appropriate health-care professional within a day of the "injury". NOTE: An "appropriate health-care professional." A Physician, Physician Assistant, Osteopath Physician, or Athletic Trainer licensed by the Virginia Board of Medicine; a Neuropsychologist licensed by the Boards of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.
4. No participant may return to play or practice on the same day after a concussion has been diagnosed, nor until evaluated by an appropriate health-care professional.
5. Any participant with a concussion shall be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or league play. This clearance shall be in the form of a written letter signed by the healthcare professional. One copy must be supplied to Spotsylvania Parks and Recreation Department and one must be supplied to the head coach prior to any return to play. The formulation of a gradual return to play protocol should be a part of the medical clearance.

**NOTE: Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Such risks are minimized if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete may return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.**

These guidelines shall be applied to all sports related activity.

**Coaches Compliance:**

Any coach that disregards the safety and well being of a youth sport(s) participant as it relates to concussions will be suspended indefinitely from coaching. Additionally, any coach that misuses this policy to prohibit an otherwise, healthy, fit, uninjured player from participating will be suspended indefinitely from coaching.

We strongly suggest taking one of the following course on concussions.

<http://www.cdc.gov/headsup/youthsports/training/index.html> or <http://nfhslearn.com/courses/38000>

These courses can be found on our website at <http://www.spotsylvania.va.us/parksandrec>

**Senate Bill 652, the 2010 General Assembly**

**Code of Virginia § 22.1-271.5**

**House Bill 410 & Senate Bill 172, the 2014 General Assembly**

**Code of Virginia § 22.1-271.5**

and

**House Bill 1096, the 2014 General Assembly**

**Code of Virginia § 22.1-271.6**

The Spotsylvania Parks and Recreation Department has provided these by-laws for each coach to read and fully understand. If you have any questions concerning any of these rules, you should make it known before signing this document.

I hereby pledge that I have read and understand these by-laws.

Team \_\_\_\_\_

Signature \_\_\_\_\_

